MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
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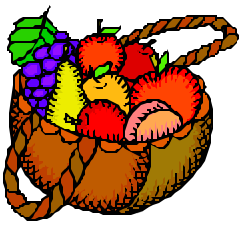
Healthy Bites

Information To Improve Your Selection and Use Of Foods In Your Home

Fruits and Vegetables Offer a Rainbow of Healthy Choices

Volume X



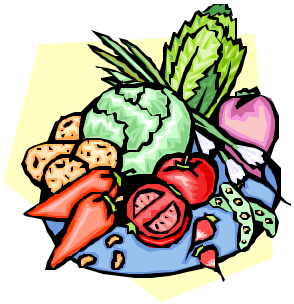
Many consumers limit the fruits and vegetables they eat based on advice in some popular low-carb diet books. But eating plenty of fruits and vegetables–five to nine servings a day–should be part of everyone's plan for good health.

Nearly all are naturally low in fat and calories, contain no cholesterol, and are loaded with dietary fiber, vitamins and minerals. Fruits and vegetables also contain healthful phytochemicals. This all adds up to helping protect against heart disease, stroke and some cancers.

Now that warmer weather has arrived in Michigan, produce stands, grocery stores, and backyard or container gardens are filled with colorful ways to make it easy to eat five to nine servings of fruits and vegetables daily. Check out the variety of colors available–from blue, purple and green to white, orange, yellow and red–to add interest and nutrition to your meals and snacks. Besides being colorful and delicious, vegetables and fruits are quick to prepare, so they fit easily into busy lifestyles.

Try these ideas for eating more fruits and vegetables throughout the day:

- Keep a list of favorite fruits and vegetables on the refrigerator door. Make them available as often as possible.
- Set out a bowl of whole fruit such as bananas, plums, apples, pears, nectarines and peaches.
- In the refrigerator, store veggies already washed, peeled and cut. They will be ready to eat any time you want them. Use fat-free dressing or salsa for dipping
- Designate a snack cupboard or a space in your refrigerator. Stock it with healthy take-along snacks like whole fruit, dried fruit combinations, boxed raisins, pre-cut veggies, 100 percent juice boxes, sweet pepper slices, snack packs of canned fruit.



Many more ideas for easy ways to eat a rainbow of colorful fruits and vegetables can be found at *www.5aday.gov,* which provides a recipe box that includes "Savor the Spectrum" recipes by color. For more information on these and other food, nutrition & health contact the Macomb County MSU Extension office at 586-469-6432.

Source: MSUE Family and Consumer Sciences

Word Wise

Phytochemicals

Plant chemicals that provide protective disease preventing compounds. It is estimated that there may be 100 different phytochemicals in just one serving of vegetables.

Source: Ohio State MSU Extension

Carrot Cookies

Ingredients:

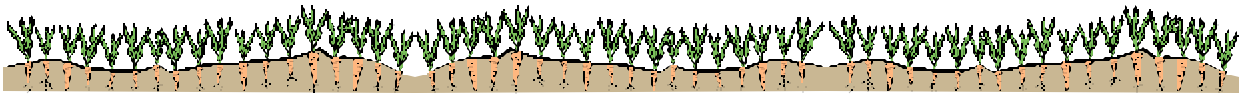
1 cup grated carrots
1/2 cup margarine
2 eggs, well beaten
2 cups quick cooking oats
2 teaspoon baking powder
1 cup Grape Nuts cereal
Vegetable oil or spray
1/4 teaspoon baking soda
1/2 teaspoon cinnamon
1 cup honey*
2 cups flour
1 cup raisins
1 teaspoon vanilla

Directions: In large bowl cream margarine. Add grated carrots, honey and eggs. Mix. Gradually stir in flour, baking powder, baking soda, cinnamon, oats, raisins and cereal. Mix until blended. Drop from teaspoon onto lightly oiled or sprayed baking sheet. Flatten each cookie slightly with a spoon. Bake at 350º until lightly browned, about 10 minutes.

Number of servings 36. Serving size 1 cookie, preparation time 30 minutes, baking time 10 minutes, oven temperature 350° F 132 calories per cookies, 3 grams fat. *Honey should not be fed to babies under one year of age.

Source: MSU ERIB

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac



Grow Healthy Meals!

Only 18 percent of Michigan's high school-aged students meet the guideline of at least five daily servings of fruits and vegetables. And less than 23 percent of Michigan adults eat five servings. One way to encourage eating more fruits and vegetables is to grow your own!

You can plant a garden, even if you think you don't have the space, using containers. Many plants—such as tomatoes, peppers, beans and greens—can be successfully grown in containers. Some varieties have even been developed specifically for containers.

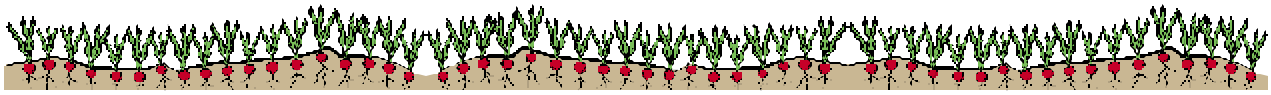
Begin by scrubbing containers (if dirty). If there are no drainage holes, drill three or four ½-inch holes in the sides of the pot near the bottom. Cover holes with a piece of screen or piece of broken clay pot to keep soil from falling out. Fill the containers with sterile potting mix. Mix a timed-release fertilizer (14-14-14 is suggested) into the soil, following directions on package. Wet the soil thoroughly. Plant seeds or young plants. Keep the soil moist but not wet.

Apply these tips for successful container gardens:

- Containers (clay pots, large plastic tubs or 5-gallon plastic pails) must have holes in the bottom for drainage. A tomato plant needs at least a 3-gallon container.
- Frost-sensitive plants such as tomatoes and peppers should be put outdoors after the danger of frost is past.
- Containers must be placed in a spot that gets full sun for at least six hours a day.
- Containers dry out more quickly than a garden. Smaller containers might need to be watered twice a day.
- Root crops such as carrots need a deep container.
- Stakes and string, a tomato cage or a trellis will support vining crops.
- Place pots in an area sheltered from the wind to prevent wilting and wind damage.

Enjoy a salad of garden vegetables grown by **you.** For further information on container gardens, contact MSU Extension Master Gardeners at 586-469-5063.

Source: MSUE Family and Consumer Science

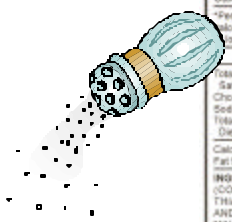


Check Your Label

Sodium Facts

Recommended daily allowance for sodium is 2400 mg a day. Use the percent (%) daily value as your guide to determine if foods are low or high in a nutrient. These pretzels are high in sodium. If you ate the whole bag of pretzels you would consume 3 times the recommended daily allowance of sodium.

Source: www.cfsan.fda.gov



Pretzels

Nutrition Facts

Serving Size about 45 pretzels (30g)
Servings Per Container about 15

Amount Per Serving

Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	**17%**
Total Carbohydrate 23g	8%
Dietary Fiber Less than 1g	4%
Sugars Less than 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SALT, CORN SYRUP, MALT YEAST, BICARBONATE AND CARBONATE OF SODIUM.

Food Nutrition Hotline

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide to county residents testing of pressure canning equipment. **Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment.** No fee is charged for county residents.

Barbecue Food Safety

Warm weather is the ideal time to cook out, but warm temperatures are also ideal for bacteria and other pathogens to multiple and cause foodborne illness. Use these guidelines for grilling food safety:

From the store: home first

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination–which can happen when raw meat or poultry juices drip on other food–put packages of raw meat and poultry into plastic bags. Always refrigerate perishable food within two hours. Refrigerate within one hour when the temperature is above 90°F. At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in one or two days; freeze other meat within four to five days.

Marinating

Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home. Keep the cooler in the coolest part of the car.

Keep cold food cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Keep everything clean

Be sure there are plenty of clean utensils and platters. To prevent foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food. If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning or pack clean cloths and wet towelettes for cleaning surfaces and hands.

Cook thoroughly

Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180°F; breasts, 170°F. Hamburgers made of ground beef should reach 160°F; ground poultry, 165°F. Beef, veal and lamb steaks, roasts and chops can be cooked to 145°F. All cuts of pork should reach 160°F. NEVER partially grill meat or poultry and finish cooking later.

Serving the food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (above 90°F), food should never sit out for more than 1 hour.

Source: USDA Food Safety

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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